DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO



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FOR IMMEDIATE RELEASE

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San Bernardino County Health Officer Issues Heat Advisory to Residents

County Health Officer Dr. Maxwell Ohikhuare has issued a heat advisory for San Bernardino County, due to high temperature forecasts for the inland and desert regions. Residents are urged to take precautions that will prevent heat-related illness.

High or unusually hot temperatures can affect your health. **Most vulnerable are the elderly, those** who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke by following the tips below.

Stay cool

- Stay in air-conditioned buildings.
- Find an air-conditioned Cooling Center open to the public by dialing the United Way's toll-free resource telephone line at 2-1-1, or online at www.coolingsb.org
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- · Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family and neighbors at least twice a day.

Stay hydrated

- Drink more than usual and don't wait until you're thirsty to drink.
- Drink from two to four cups of water every hour while working
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water.

For more information on the extreme heat visit the San Bernardino County Department of Public Health website at

http://www.sbcounty.gov/dph/publichealth/ph_divisions/preparedness_response/natural_disasters.asp Or visit the California Department of Public Health website at:

http://www.bepreparedcalifornia.ca.gov/BeInformed/NaturalDisasters/ExtremeHeat/Pages/ExtremeHeat.aspx

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